**AMERICAN MEN AND PROSTATE CANCER**

**EVERY**

- 3 minutes
  - A man is diagnosed with prostate cancer

- 17 minutes
  - A man dies of prostate cancer

**1 in 9 AMERICAN MEN WILL BE DIAGNOSED WITH PROSTATE CANCER AT SOME POINT IN THEIR LIFE**

**BY THE NUMBERS**

- **174,650** men will be diagnosed with prostate cancer in **2019**
- **31,620** men will die from prostate cancer in **2019**

**PROSTATE CANCER IS THE MOST COMMONLY DIAGNOSED CANCER AMONG MEN**

**TODAY, THERE ARE**

- **3.1+ MILLION** prostate cancer survivors in USA

**WHAT CAN I DO?**

1. **KNOW YOUR RISK**
   - Race
   - Family history
   - Aging
   - Diet
   - Genetic changes
   - Chemicals

2. **GET TESTED**
   - Talk to your doctor
   - Make a plan to get tested

3. **MAINTAIN A HEALTHY LIFESTYLE**
   - Be active
   - Eat nutritious meals
   - Maintain a healthy weight

4. **SPREAD THE WORD**
   - Tell a friend

5. **THE GOOD NEWS IS...**
   - Nearly 100% of American men diagnosed with prostate cancer will be alive five years after their diagnosis.